



VOCAL YOGA

Melanie-Joy H Dorn

MA CCC-SLP 1991

LSVT/LOUD Certification 2010

RYT 200 2013

HLVYM Certification 2016



BREATHE

The most important thing
that you do.

VOCAL YOGA FOR ALL ABILITIES

- Once a week since 2015
- Combination of **vinyasa yoga**, **voice exercises** (LSVT/LOUD and typical voice therapy), and, **breath work** (pranayama).
- Voice patients
- Swallowing/Cancer patients
- People with Parkinson's



BOOKS

Vocal Yoga The Joy of Breathing Singing and Sounding,
Heather Lyle

**Yoga for Parkinsons's Disease A Journey to Health and
Healing,** Peggy van Hulsteyn

**The Breathing Book Good Health and Vitality Through
Essential Breath Work,** Donna Farhi

The Science of Breath, Yogi Ramacharaka

RESOURCES

Blueharmonyyoga.com

Vocalyoga.com

Lsvt/loudglobal.com

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